

The Pauline Furlong Women's National Army For Health

Chicago, 1917, by the Pauline Furlong Co., 1100 New York Building, N. Y.

DAILY DRILL No. 18—For the Business Woman Who Would Succeed.

FAILURE in mental work is usually due to failure in physical health, and readers who are not satisfied with the progress they are making in business must look to bettering their physical condition, which will develop their mental power, plan on the business woman who is well groomed, has clear skin, glossy hair, bright eyes, alert step, cheerful smile and other signs of superb health and I will show you the successful one who loves her work and, therefore, makes good at it.



Most persons say that I am an enthusiast in every undertaking, and, indeed, I know I am. Without this asset I could not begin to accomplish the many tasks which come before me each day. Personally I know several women whom I and others consider "chronic gronches," and I can tell at a glance that these people need a physical as well as mental overhauling. We all know that the "gronches" have sallow skin and sneering expressions and that they are irritable and absolutely selfish and indifferent to the feelings of others. All of these disagreeable habits can be overcome, because health for the body awakens mental capacities which bring success.

When I see this kind of a woman I am attracted that she is a woman before I become acquainted with her, and I invariably become interested in this type of women and do all in my power to bring them out of this morbid and unhealthy condition. The sluggish liver makes thick, clogged blood, dull brain, yellow skin, sleepy feeling and other depressing conditions which are conducive to unhappy frame of mind, and those who do not look well and feel constantly fatigued must start a campaign of physical rejuvenation to clear the body and brain.

Answers to Health and Beauty Questions

QUININE HAIR TONIC—M. T. Alcoholic (pure), eight ounces quinine, thirty grains; sweet oil, one ounce. Rub this into the scalp with the tips of the fingers, in circles. Try to loosen the scalp from the hair. Brush the hair with a stiff brush each night at least fifty strokes.

SEVERE THIRST—MRS. FRANK M. Indigestion may cause this severe thirst after each meal. If you feel "too full and stuffy" after eating, why not try eating less, or skipping a meal occasionally? This will relieve the heavy feeling.

URIC ACID—MRS. K. L. M. Bathing is most essential to overcome excess of uric acid, because the skin plays the most important part in eliminating poisons from the system. Deep breathing and out-door exercises are also essential. According to diet authorities the following diet is beneficial: Fresh ripe fruits, especially apples, uncooked fruits, little sugar, no meats, all vegetables which are above the ground and good, green vegetables and pure, cold water. Also fish and shell fish may be eaten and all cold breads. Avoid pastries, tea, coffee, malt and alcohol. Pure water is the best. Also, buttermilk and milk may be taken freely.

GLUTEN BREAD—MRS. WALTER J. S. The following recipe for gluten bread is given by A. Frances Patton, well known instructor in dietetics. Half cup yeast, 2 cups warm water, 1 1/2 cups glutin, 1 cup sugar, 1 1/2 teaspoons salt. Put yeast in small portion of water and add to the ingredients. Mix to a stiff dough and knead thoroughly, using more glutin if necessary. Let it rise from sticking to the board. Shape into a loaf and place in a buttered pan for about two and a half hours, to rise until the dough is about twice its bulk. Then bake for forty-five minutes. If desired, the dough may be given a second rising, after the first rising, letting it rise again before baking. Gluten bread may be made the same white dough bread with the exception of shortening, which is not necessary. Avoid having the water too warm, otherwise bread will be sticky.

THIN FACE—FRANCES W. Nothing that I know of will change the shape of the face. Facial exercises and olive oil internally will do no good whatever. The oil will help develop the entire body, but the bony structure of the face cannot be changed to any marked degree, even though the face may get a little fatter, as the body develops.

THICK LIPS—KATHERINE B. Nothing will reduce thick lips. Do not bite them, and keep them drawn in toward the teeth. Avoid greasy and unnecessary facial grime.

The Wooden Leg Tree

MANY thousands of the men maimed on Europe's battlefields of all races and climes will wear artificial limbs manufactured from a tree that grows in California. It is known as the yucca, or Joshua tree, and is especially suited for this purpose because of its toughness and lightness of its wood. The yucca tree is a product of the desert and thrives in places where nothing else will grow. Ordinarily it reaches a height of from fifteen to twenty feet, and has great limbs out of proportion to the trunk. Its wood is not only light in weight and tough of fiber, but can be easily shaped. Surgical splints also are made of this wood.

Can You Beat It!



By Maurice Ketten

Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick.

A Snagger Frock for Practical Wear.



The revers collar may be of either the dress fabric, satin or silk, and they may either match in color the dress fabric or the braids. Another attractive expression of this design would be in the use of two materials for the frock, with revers of the same, and braid a shade darker in tone for trimming, with dark brown leather belt buckling in back to complete the waistline. Odd belts of contrasting color may be worn for variety's sake with a frock of such a neutral color. This design should appeal to the business girl who appreciates the combination of practicality, style and becomingness.

THIS SMART DESIGN CAN BE EASILY COPIED BY FOLLOWING DIRECTIONS.

Answers to Queries.

Will you please suggest some way to make over a tan crepe de Chine dress which I made this summer, but did not like? Skirt has three tucks in place of a hem, waist is surplus with white satin collar. White pearl buttons on belt and sleeves. Thought I could make it more dressy for afternoon wear. Am 36 years of age, weigh 122 pounds, 5 feet 3 inches tall.

MRS. L. T.

Use self color chiffon to drape over waist and fall over skirt front and back. Dull blue panne velvet collar and cuffs. Chiffon undercuffs and bows.

I have 23 1/2 yards of dark blue satin 42 inches wide, and 11 1/2 yards of blue serge that matches it perfectly. Would like to make a pretty, simple dress of the two fabrics. Am 28 years of age, weigh 130 pounds, size 36, and 5 feet 3 inches tall.

MISS F. G.

Use serge for bodice and sleeves and the satin for yoke and skirt. A collar of dull blue Georgette, belt of blue satin lined with dull blue.

I have four and one-half yards of inclosed material—dark blue wool velour—which I would like to make into a smart dress for business. Would like it on the order of a coat dress. Please advise what to use for collar and cuffs. Would not want white. I am thirty-one years old, five feet six inches tall, weigh 134 pounds, well proportioned. I have dark hair and eyes, good skin and color.

MISS D.

A checked velour, either in blue and red, lavender and blue or gray and blue, would be effective for collar and cuffs and skirt cuff. Gray pearl buttons.

THE TERRORISTS

By Arthur B. Reeve

ARCH PLOTTER AND SUPER-DETECTIVE MATCH WITS IN THIS AMAZING MYSTERY

Follow Craig Kennedy on His Best Case

CHAPTER IV.
(Continued.)

NEAR to Nevada stood a medium-sized, well-built man, whose motions betrayed a certain training in athletics and with striking features, eyes that seemed to have in them more of the mystic than of the practical, and yet a certain shrewdness which set him apart. He was clearly not an American, and I was wondering whether his race was Slav, Celtic, or Romanic, when Hazelton called: "Professor Vassili Novikoff, let me introduce my friends who are much interested in what we are doing down here."

Novikoff shook hands much as a bear might have done, yet I could see that he was not ungainly by nature, and in fact his quick eyes and thin lips, hiding the whitest of teeth under his scant black mustache, denoted a really sensitive nature.

"It is a wonderful place, this settlement," he remarked, with a trace of Parisian in his English. "Indeed it is," agreed Kennedy. "I think Mr. Hazelton deserves a great deal of credit for endowing such an institution."

Novikoff nodded. "Indeed he does it is true that people tried to find out what is wrong with this world."

A young man with thoroughly Anglo-American sloping shoulders, who had been talking with Novikoff, looked up for a moment, and Hazelton, who was at our side, took occasion to interrupt. "Excuse me, Davis. I'd like to have you meet my friends."

Kennedy gave a quick glance about, then seemed to conclude that the least said for the present the better.

Davis Burton, not quite understanding the remark, and being clearly interested by the mere presence of Novikoff, shook hands with something more than perfunctoryness, and as soon as possible resumed his conversation with Novikoff.

Kennedy took the occasion to hint by a look to Hazelton that he wished to get away, and under pretext that he was showing us the "plant" for social work we passed out of the living room into the hall.

"No," replied Kennedy. "I thought we should not. How do you figure it, then, though? This is in New Jersey."

"Oh, they all know me, and as soon as anything turns up, I hear of it. If it seems likely to have anything to do with the city I usually investigate. There can't be any doubt but that we are interested in this one."

He had brought the car to a standstill on the bank, and during the short trip across the river, Kennedy was engaged in fastening to the rear of the car, much as if it had been a trunk or trunk rack, the wooden box with his pistols.

Even the time consumed by the boat in pulling into the slip was irksome, and it seemed hours instead of minutes before we were threading our way out through the city on the other side to the marshes and meadows where factories and workshops were now springing up everywhere.

We at last reached the works, a small, low building of concrete, which looked as if it had been erected with a larger plant some time.

In a corner of the works, at the end toward the road, was the office, and as we drew up before it it seemed as if it were deserted. Out on the meadows, a considerable distance away, was a small knot of men, who caught sight of us and waved their arms to attract attention.

Followed by Nolan and myself, Kennedy started across the meadows in their direction, while one of them approached to meet us.

As we came nearer I saw that it was a young man whose clean-cut face and easy manners seemed not to accord with his acid-stained, greasy and torn suit.

"I am Lieutenant Gardner," he called, as soon as we were within easy earshot. "This is Mr. Nolan and Professor Kennedy. I presume?"

"No," replied Kennedy. "I thought we should not. How do you figure it, then, though? This is in New Jersey."

"Oh, they all know me, and as soon as anything turns up, I hear of it. If it seems likely to have anything to do with the city I usually investigate. There can't be any doubt but that we are interested in this one."

He had brought the car to a standstill on the bank, and during the short trip across the river, Kennedy was engaged in fastening to the rear of the car, much as if it had been a trunk or trunk rack, the wooden box with his pistols.

Even the time consumed by the boat in pulling into the slip was irksome, and it seemed hours instead of minutes before we were threading our way out through the city on the other side to the marshes and meadows where factories and workshops were now springing up everywhere.

We at last reached the works, a small, low building of concrete, which looked as if it had been erected with a larger plant some time.

In a corner of the works, at the end toward the road, was the office, and as we drew up before it it seemed as if it were deserted. Out on the meadows, a considerable distance away, was a small knot of men, who caught sight of us and waved their arms to attract attention.

Followed by Nolan and myself, Kennedy started across the meadows in their direction, while one of them approached to meet us.

As we came nearer I saw that it was a young man whose clean-cut face and easy manners seemed not to accord with his acid-stained, greasy and torn suit.

"I am Lieutenant Gardner," he called, as soon as we were within easy earshot. "This is Mr. Nolan and Professor Kennedy. I presume?"

"No," replied Kennedy. "I thought we should not. How do you figure it, then, though? This is in New Jersey."

"Oh, they all know me, and as soon as anything turns up, I hear of it. If it seems likely to have anything to do with the city I usually investigate. There can't be any doubt but that we are interested in this one."

He had brought the car to a standstill on the bank, and during the short trip across the river, Kennedy was engaged in fastening to the rear of the car, much as if it had been a trunk or trunk rack, the wooden box with his pistols.

Even the time consumed by the boat in pulling into the slip was irksome, and it seemed hours instead of minutes before we were threading our way out through the city on the other side to the marshes and meadows where factories and workshops were now springing up everywhere.

We at last reached the works, a small, low building of concrete, which looked as if it had been erected with a larger plant some time.

In a corner of the works, at the end toward the road, was the office, and as we drew up before it it seemed as if it were deserted. Out on the meadows, a considerable distance away, was a small knot of men, who caught sight of us and waved their arms to attract attention.

Followed by Nolan and myself, Kennedy started across the meadows in their direction, while one of them approached to meet us.

As we came nearer I saw that it was a young man whose clean-cut face and easy manners seemed not to accord with his acid-stained, greasy and torn suit.

"I am Lieutenant Gardner," he called, as soon as we were within easy earshot. "This is Mr. Nolan and Professor Kennedy. I presume?"

"No," replied Kennedy. "I thought we should not. How do you figure it, then, though? This is in New Jersey."

"Oh, they all know me, and as soon as anything turns up, I hear of it. If it seems likely to have anything to do with the city I usually investigate. There can't be any doubt but that we are interested in this one."

He had brought the car to a standstill on the bank, and during the short trip across the river, Kennedy was engaged in fastening to the rear of the car, much as if it had been a trunk or trunk rack, the wooden box with his pistols.

Even the time consumed by the boat in pulling into the slip was irksome, and it seemed hours instead of minutes before we were threading our way out through the city on the other side to the marshes and meadows where factories and workshops were now springing up everywhere.

We at last reached the works, a small, low building of concrete, which looked as if it had been erected with a larger plant some time.

In a corner of the works, at the end toward the road, was the office, and as we drew up before it it seemed as if it were deserted. Out on the meadows, a considerable distance away, was a small knot of men, who caught sight of us and waved their arms to attract attention.

Followed by Nolan and myself, Kennedy started across the meadows in their direction, while one of them approached to meet us.

As we came nearer I saw that it was a young man whose clean-cut face and easy manners seemed not to accord with his acid-stained, greasy and torn suit.

"I am Lieutenant Gardner," he called, as soon as we were within easy earshot. "This is Mr. Nolan and Professor Kennedy. I presume?"

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.